

2. When I got home, I realised I had the "intellectual patterns" issue to deal with - similar to the "physical - eye - patterns" issue but more in the brain - deeper and more intellectually - wa Allahu A Tam

3. So, I got ready to sleep, got to bed, and just rested my body and mind

4. I am not sure if I slept, but when I got up / awoke from bed; my brain / intellect was back to